

## **Healthy Salad Dressing**

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Healthy salad dressings that you can easily make at home.  
Store in fridge for up to 5 days or store in freezer for up to 6 months.

### Basic Salad Dressing (2-3 servings)

1/4 c. flaxseed oil  
1-2 Tbsp vinegar (apple cide, tarragon, rice, red wine, balsamic, ume plum)  
1/2-1 Tbsp water  
1 tsp. Dijon-type mustard (whisked in)  
Whole or minced garlic, oregano, basil or other herbs of choice (I used the underlined items)

Keep in jar in refrigerator

### Balsamic Dijon Vinaigrette

3/4 cup olive oil  
1/4 cup water  
2 tablespoons balsamic vinegar  
2 tablespoons minced fresh parsley  
1 tablespoon Dijon or stone ground mustard  
1 tablespoon minced fresh rosemary or dill, or 1 tsp dried rosemary or dill  
2 teaspoons honey  
1 garlic clove, minced  
Salt and pepper

### Creamy Pumpkin Seed Dressing

3/4 cup water  
1/2 cup raw pumpkin seeds  
1/4 cup sunflower oil  
1/4 cup brown rice vinegar  
1 teaspoon salt  
1 teaspoon honey  
1/2 teaspoon pepper  
1/3 cup chopped fresh parsley

Combine the water, pumpkin seeds, oil, vinegar, salt, honey and pepper in a blender and process until smooth and creamy. Stir in the chopped parsley and chill for at least 1 hour before serving.

### Dairy-Free Ranch Dressing

½ cup olive oil  
1 clove garlic, minced  
1 package (12 ounces) firm silken tofu  
¼ to ½ cup water  
¼ cup apple cider vinegar  
1 tablespoon honey  
¼ teaspoon pepper  
¼ cup fresh basil or a combination of fresh basil, oregano, dill and sage, of 4 teaspoons dried herbs  
2 tablespoons minced fresh parsley  
2 tablespoons minced scallions  
Salt

Heat the oil in a skillet. Drop in the garlic and cook until browned. Transfer the oil and garlic to a blender along with the tofu, water, vinegar, honey, and pepper and process until smooth. Add the fresh or dried herbs, parsley, scallions, and salt to taste. Pulse the blender a few times, just until mixed. Pour into jar and chill before serving.

#### Moroccan Vinaigrette

3 tablespoons fresh lime juice  
2 teaspoons paprika  
2 teaspoons ground coriander  
2 teaspoons stone-ground mustard  
2 teaspoons minced fresh ginger  
2 teaspoons honey  
1 teaspoon ground cumin  
1 small clove garlic, minced  
Salt and pepper  
¾ cup sunflower oil or olive oil

Whisk the lime juice, paprika, mustard, coriander, ginger, honey, cumin, garlic, and salt and pepper to taste in a small bowl until well combined. Slowly whisk in the oil, beating constantly to make a smooth, thick dressing. Refrigerate until ready to use.

#### Creamy Dill Dressing

¼ cup + 1 tablespoon olive oil  
1 cooking onion, diced  
3 cloves garlic  
2 cups chopped firm tofu  
1 tablespoon dried dillweed  
¼ teaspoon sea salt  
1 teaspoon Dijon mustard

¼ cup rice vinegar  
Filtered water (optional)

Heat 1 tablespoon of olive oil in a skillet over medium heat. Sauté the onion and garlic for 5 minutes or until softened. Set aside and let cool. Put onion/garlic mixture, remaining olive oil, tofu, dillweed, salt, mustard and vinegar in a blender and process until smooth. Add water if needed for a smooth consistency.

### Cesar Dressing

1 ½ tablespoons capers  
2 cloves of garlic, minced  
2 tablespoons of lemon juice  
¾ cup chopped firm tofu  
2 ½ teaspoons Dijon mustard  
1 tablespoon apple cider vinegar  
½ teaspoon sea salt  
¾ teaspoon ground white pepper  
¼ cup filtered water  
½ cup olive oil

Combine all ingredients in a blender and process until smooth, scraping down the sides occasionally.

### References

1. Stone, Faith and Guidry, Rachael. Yoga Kitchen: vegetarian recipes from the Shoshoni Yoga Retreat. Book Publishing Company. Summertown, Tennessee. 2004.
2. Brown, Ruth Tal and Houston, Jennifer. Fresh at home: Everyday Vegetarian Cooking. Penguin Canada. Toronto, Ontario. 2004.